

When you don't know what to do...

Guidelines for Family Members and Persons Suffering From Mental Health Issues



Emergency Help

- If you or a relative are not currently under the care of a local mental health professional, but you are having a mental health crisis:
- ◆ Insist that a mental health professional, such as a mental health counselor, psychologist, psychiatrist or a psychiatric nurse practitioner, meet with you **NOW!**
 - ◆ Call the Help Center's 24-hour crisis line at **586-3333 or 211**
- If you or a relative is currently under professional care, but the treatment is not effective:
- ◆ Insist that your mental health professional meet with you and listen to you to reevaluate your treatment program.

Gallatin and Park Counties' Mental Health Resources

- The Help Center**—24 Hour Crisis Line and Suicide Outreach _____ 586-3333
Information and referrals _____ 211
Montana Warm Line: M-F 4pm-10pm & Sat-Sun 10am-10pm _____ 1-877-688-3377
Non-crisis support line (www.montanamentalhealth.org)
Montana Suicide Prevention Lifeline _____ 1-800-273-8255
A.W.A.R.E., Inc.—Children's Case Management, Outpatient Treatment & Psychiatric Services _____ 587-1181
Hope House Crisis Stabilization _____ 556-6500
Youth Dynamics—Outpatient Therapy & Children Case Management _____ 585-9402
MSU Counseling & Psychological Services (MSU students, staff & faculty) _____ 994-4531

- Gallatin County**
Gallatin Mental Health Center — Adult Outpatient Treatment, Case Management _556-6500
699 Farmhouse Lane
Open Arms Drop-in Center, Peer-to-Peer Support _____ 556-6500
695 Farmhouse Lane, M-F 10am-6pm & 10am-4pm Sat
Dual Recovery Anonymous, Meetings noon-1pm M-Sat
MSU Human Development Clinic, Low Cost Outpatient Adult & Children _____ 994-4113
Crisis Intervention Team _____ 582-2100

- Park County**
Park County Mental Health Center — Adult Outpatient Treatment _____ 222-3332
Outreach Case Management
Park County Peer Solution Drop-in Center, Peer-to-Peer Support _____ 222-3332

To download and print this document, visit the Gallatin City-County Health Department's website at www.gallatin.mt.gov/health, select 'Human Services' and select 'Mental Health Resource Guide'.

****For corrections and comments, call the Gallatin City-County Health Department at 582-3100****

CRISIS INTERVENTION RESOURCES

SITUATIONS—QUESTIONS TO ASK AVAILABLE RESOURCES

SUICIDAL OR DEPRESSED

- | | | |
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| Has an attempt been made? | The Help Center | 211/586-3333 |
| Is there a specific plan? | Law Enforcement/EMS | 911 |
| What is the lethality? | Bozeman Deaconess Hospital | |
| How available is the proposed method? | Emergency Room | 585-1000 |
| What is the availability of helping resources? | Gallatin Mental Health Center | 522-7357 |

ALCOHOL OR DRUGS

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| What did you take or use? | Alcohol & Drug Services | 586-5493 |
| How much did you consume? | SW Chemical Dependency Ctr | 222-2812 |
| When did you last use? | (Park County) | |
| Is the person violent/suicidal? | Law Enforcement/EMS | 911 |
| What behaviors is the person exhibiting? | Bozeman Deaconess Hospital | |
| Is the person able to provide basic self-care? | Emergency Room | 585-1000 |
| Is or should the person be driving? | | |
| Are there symptoms of withdrawal? | | |

CONFUSED, DISORIENTED OR DISABLED

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|--|----------------------------|--------------|
| Do you feel ill? | Emergency Medical Services | 911 |
| Are you diabetic? | The Help Center | 211/586-3333 |
| Do you have seizures? | Bozeman Deaconess Hospital | |
| Are you taking any medications? | Emergency Room | 585-1000 |
| Do you have a physician? | | |
| What day is it? What time is it? | | |
| Do you know your name? Do you know where you live? | | |
| Do you know where you are? Do you have food? | | |
| Do you have a place to live? | | |

BIZARRE OR PSYCHOTIC BEHAVIOR

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| Are you hearing voices? | The Help Center | 211/586-3333 |
| Have you been hearing, seeing, or smelling anything unusual? | Gallatin Mental Health Center | 522-7357 |
| Have you consumed any alcohol or drugs? | | |
| Do you have seizures? Are you taking any medications? | | |
| Does the person appear frightened, angry, agitated or depressed? | | |
| Does the person appear to be talking to themselves or no one? | | |
| Is the person having hallucinations? | | |

VIOLENT BEHAVIOR/DOMESTIC VIOLENCE

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|---|-------------------------------|--------------|
| Do you have a specific plan to hurt someone? | Law Enforcement/EMS | 911 |
| Do you have access to weapons and know how to use them? | Network Against Sexual | |
| Have you consumed alcohol or drugs recently? | and Domestic Abuse | 586-4111 |
| Is the person acting bizarre or psychotic? | Sexual Assault Counseling Ctr | 211/586-3333 |
| What is the nature of the threat? | VOICE Center (MSU) | 994-7069 |
| Who is being threatened? | Tri-County Network | 222-8154 |
| Has actual violence taken place? | (Park, Sweetgrass & Meagher) | |
| Are you safe now? Do you need medical attention? | | |
| Is there anyone with you or are you alone? | | |

Sources of Mental Health Information and Assistance

The National Alliance for the Mentally Ill (NAMI), National Headquarters (www.nami.org)	1-703-524-7600
NAMI—Bozeman, Gallatin County Affiliate, Tom Peluso—President	585-8959
NAMI— Livingston (www.nami.livingston.org)	224-2869
Montana Mental Health Services Plan (MHSP), Eligibility verification	1-800-624-3958
Mental Health America of Montana, (www.montanamentalhealth.org) (formerly, Montana Mental Health Assoc)	1-877-927-6642
State Addictive & Mental Disorders Information Line	1-888-866-0328
Medicaid Help Line	1-800-362-8312
Medicare Information Line	1-800-633-4227
Veteran Administration (Psychiatric and Medications) local#	1-800-827-1000/ 522-8923
State Mental Health Ombudsman	1-888-444-9669
Substance Abuse & Mental Health Services Administration (www.samhsa.gov)	1-877-726-4727

Sources of Medical Assistance

Children’s Health Insurance Program (CHIP)	1-877-543-7669
Veteran Administration, 300 N. Willson Ave.	522-8923
Gallatin County	
Bozeman Deaconess Hospital**, 915 Highland Blvd, Bozeman	585-5000
Bridger Clinic*—reproductive health care services 300 N. Willson, Suite 2001, Bozeman	587-0681
Community Health Partners*—primary & preventive health care services 214 E. Mendenhall St., Bozeman	585-1360
Gallatin City-County Health Department, 215 W. Mendenhall, Bozeman	582-3100
Gallatin County Office of Public Assistance—call for eligibility criteria	582-3010
Community Health Partners* - primary & preventive health care services 19 E. Main, Belgrade	922-0820
Community Health Partners Dental Practice* 120 N. 19th Ave., Suite H, Bozeman	585-8701

Park County

Community Health Partners*—primary & preventive health care services 126 S. Main St., Livingston	222-1111
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* Offer sliding fee scale

Legal Resources

Montana Legal Services Helpline	1-800-666-6899
Disability Rights Montana, www.disabilityrightsmt.org (formerly, Montana Advocacy Program (MAP))	1-800-245-4743
Child and Elder Abuse Help Line	1-866-820-5437
Gallatin County Victim Assistance Program	582-2075
Haven	582-2038
Child and Family Services, Gallatin County	585-9984
Child and Family Services, Park County	222-7402
Self-Help Law Program	582-2158

Financial Assistance

Gallatin County Office of Public Assistance (for families only)	582-3010
Park County Public Assistance	222-8000
Social Security Administration	586-4501
West Yellowstone Job and Social Services Center	646-7311

Food Assistance

Gallatin Valley Food Bank	586-7600
Locations in Bozeman, Three Forks, West Yellowstone	
Livingston Food Pantry	222-5335
His Soup	581-1621
Salvation Army	586-5813
Bozeman Senior Citizen Center, Meals on Wheels Program	586-2421
Gallatin County Public Assistance, Supplement Nutrition Assistance Program (SNAP)	582-3010
Park County Public Assistance, Supplement Nutrition Assistance Program (SNAP)	222-8000
Love INC	587-3008

Housing Assistance

Human Resource Development Council, Housing	587-4486
PATH Outreach	522-7357
Salvation Army	586-5813
Habitat for Humanity	388-8225
T.E.A.M. Mentoring	656-8326
Family Promise	582-7388
Haven	586-7689
Amos House	586-3840 or
1021 N. 5th	581-1621
Dorothy Eck House	556-6500
705 Farmhouse Lane	

Transportation

Human Resource Development Council, Galavan	587-2434
Love INC	587-3008
TAXI	388-9999
STREAMLINE Bus Service	587-2434
Angel Line (Park County)	222-4668
West Yellowstone Galavan (to Bozeman, Tuesdays & Thursdays) Reservations	646-1159
Call Job & Social Services for a voucher to ride	646-7311

For more information on Park County Resources,
contact Park County Mental Health Center at 222-3332

Thanks to the following agencies who contributed to the costs of this publication:



Gallatin County Commission
Gallatin City-County Health Department